DIRK SCHUTH

B.D.S., F.D.S.R.C.P.S., F.D.S..
R.C.S.(Ed),M.Orth.R.C.S.(Eng + Ed)
M.Dent.Sci. (Leeds)

Practice limited to Orthodontics

BDA Good Practice
Member

Trinity House Orthodontics

TRINITY HOUSE
ORTHODONTICS

Borough Road
Wakefield
WF1 3AZ
Tel: 01924 369696
wakefieldreception@trinityortho.co.uk

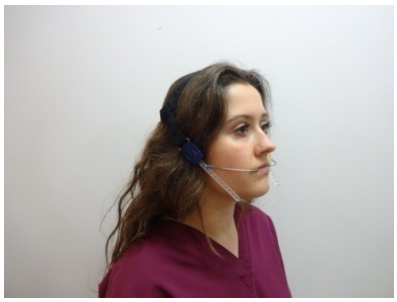
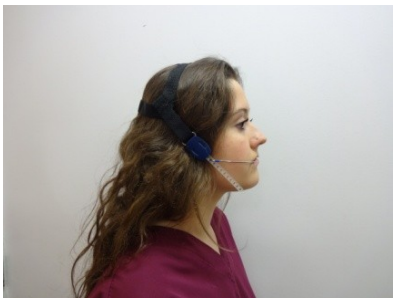
Headgear

What is headgear?

Headgear is an appliance that is fitted by having metal bands placed on the top back teeth or by using a removable brace. It has a face bow (metal bow) that slides into the bands/removable brace and a head strap which goes over the top of the head.

How does headgear work?

Headgear is worn to either move the back teeth backwards, to make more space or to stop the back teeth from moving forward whilst the front teeth are being straightened. It does this by using your head as an anchor and the straps produce a steady pressure to move the teeth.

How often do you need to wear the headgear?

Headgear needs to be worn at least 14-16 hours a day. The more it is worn the quicker it will work. The headgear is not to be worn outside of the house.

Will the appliance be painful?

Having the appliance fitted is not painful, but the teeth may ache after the appliance has been fitted. This will last approximately 3-5 days and if necessary painkillers (paracetamol) can be taken. Please ensure you follow the instructions on the medication packet.

How long will treatment take?

Treatment time can be anything between 3-9 months and the headgear can be worn in conjunction with fixed appliances.